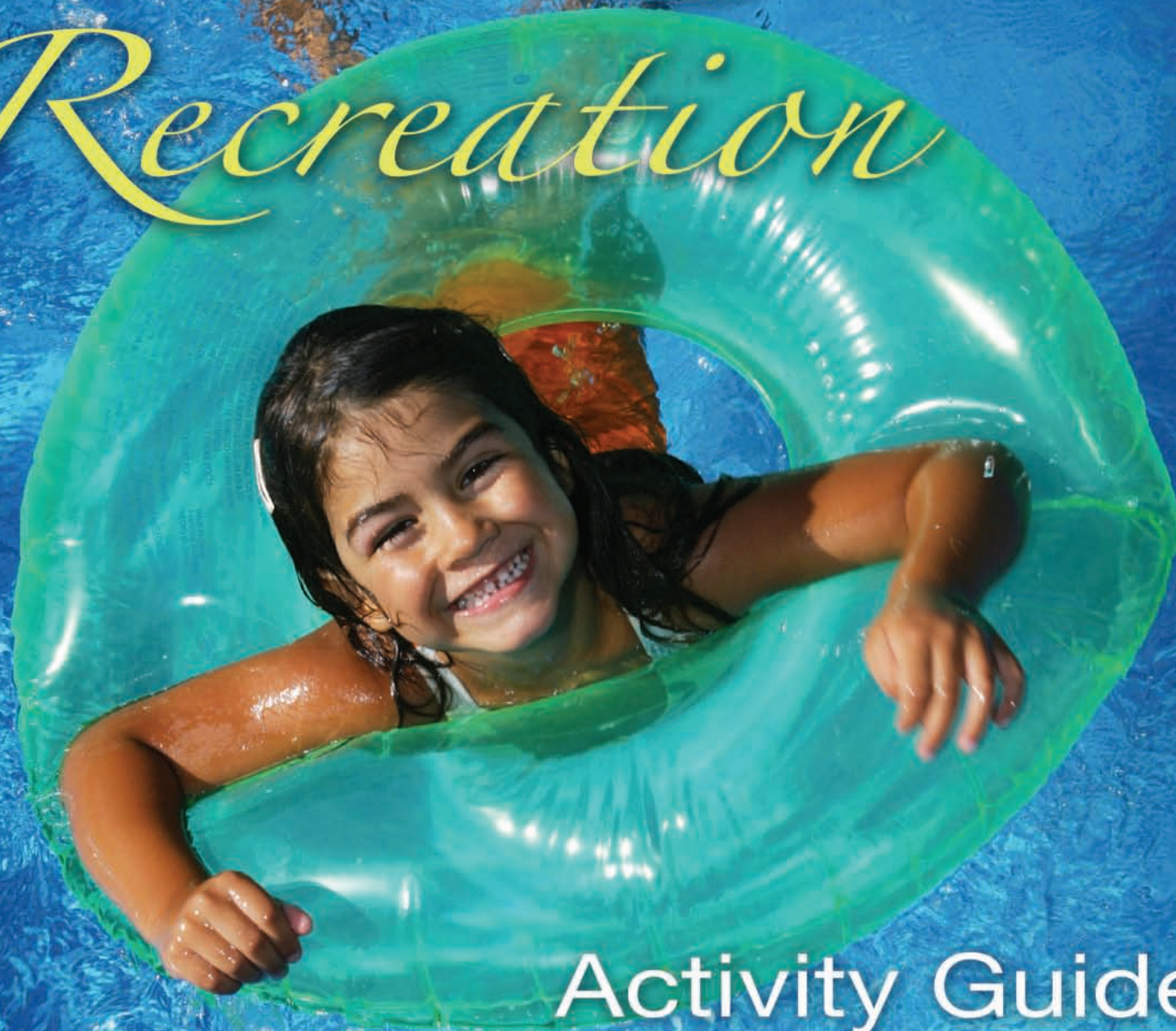




HARRISONBURG

WESTOVER POOL – 40TH ANNIVERSARY – JULY 1, 2010

Parks & Recreation



Activity Guide SUMMER 2010

(May – August)

Our Mission...

It is the mission of the Harrisonburg Parks & Recreation Department to enhance the quality of life and meet the needs of every citizen by providing comprehensive leisure service opportunities. The department's mission is also to develop and maintain a safe system of open space and public facilities for the use and enjoyment by the public.

Please visit our updated website at <http://www.harrisonburgva.gov/parks>

Harrisonburg Parks & Recreation
Administrative Office: (540)433-9168
Cecil F. Gilkerson
Community Activities Center: (540)433-2474
Westover Swimming Pool (540)434-0571
Heritage Oaks Golf Course (540)442-6502

Harrisonburg Parks & Recreation
Director: Mr. Lee Foerster
leef@harrisonburgva.gov

Assistant Director: Mr. David Wigginton
davidw@harrisonburgva.gov

Harrisonburg Parks & Recreation Commission Members

Mr. Michael Ellis
Citizen Representative

Mr. John Marr
Citizen Representative

Mr. Philip Ryman
Citizen Representative

Mr. William Latham
Citizen Representative

Mr. James Robinson
Citizen Representative

Mrs. Nancy Clark Faulkner
Citizen Representative

Mr. Tim Lacey
School Board Representative

Mr. David Wiens
City Council Representative

SHELTER RESERVATION DATES & INFORMATION

The picnic season runs April 15 – October 31 for all city parks and May 15 – October 31 for Riven Rock Park.

Weekday reservations –

Monday through Friday reservations:

\$10 – City Residents

\$15 Non-city residents

Weekend reservations –

Saturday & Sunday reservations:

\$25 – City Residents

\$40 Non-city residents

College & University Graduation Reservation Rates

\$50 – EMU – May 2, JMU – May 8,

BC – May 16

GENERAL PARK & SHELTER INFORMATION

Shelters can be reserved in advance, by telephone with credit card or in person by check, cash or credit card, at the Administrative Office, 305 S. Dogwood Drive, between 8:00 a.m. - 5:00 p.m. Monday - Friday. Grills are provided as well as trash receptacles. Park restrooms are available for use April 15 - October 31 (except Riven Rock which opens May 15 - Oct. 31). Water fountains and electricity are available at various shelters. During the off-season, water and electricity are shut off to protect pipes from freezing and conserve electricity. Restrooms are not available during the off-season. (portable toilets may be available in some parks).

Helpful Tips: The Recreation department puts up shelter reservation cards at each shelter but to avoid shelter reservation issues, please take your receipt with you on the day of your picnic. **CAUTION SHOULD BE USED NOT TO OVERLOAD ELECTRICAL OUTLETS; YOU MAY TRIP ELECTRICAL BREAKERS, SHUTTING OFF ALL POWER TO YOUR SHELTER.** Harrisonburg Parks & Recreation cannot guarantee lights or electricity because of vandalism or other acts out of our control. Shelter lights are on timers and electrical light sensors and may not automatically come on. Shelter lights do not typically come on during the day even when it is a dark or overcast day – they do not produce a great deal of light; they only provide enough light to pack up your belongings.



“A Dream Come True” Playground

The scheduled opening date is April 30th 2010, after 2:00 pm, this unique playground will allow children with and without disabilities to play together. The playground is located at 1050 Neff Avenue on Thomas Bowers Circle.

Shelters are booked on first come-first served basis. No switching of dates parks or shelters & NO REFUNDS ON ANY SHELTER RESERVATIONS. To avoid any reservation mix-ups, please keep your receipt and take it with you on the day of the picnic.

- No alcoholic beverages or illegal drugs of any kind are allowed on park property.
- Please do not remove picnic tables out from under shelters.
- No bikes of any kind allowed except on paved areas. Trails are for walkers and joggers.
- All dogs must be on a leash at all times (city code 15-2-2 leash law) and are not allowed on athletic fields.
- Picnickers must furnish wood / charcoal for use in grills.
- No open fires allowed without permission. All fires must be out before leaving park.
- City parks cannot be used for fund raising, political, religious or private gain. *Shelter reservations and organized meetings associated with religious, political or private groups with the intent of soliciting, recruiting or attracting volunteers, individuals or outside agencies, solicitation of money, distribution of literature or requests for donations, or use for private gain, are prohibited.
- Anyone wishing to enter Westover and Hillandale Parks before the park is open will be charged a fee of \$20 (not including shelter fee).
- No loud music or public address systems. Please be respectful of park neighbors and residential areas.
- If you see any problems, please report them to the Recreation Department on the next working day if possible.

Registration for classes will begin Mon., May 3 for city residents and Tues., May 4 for non-residents.

PARK HOURS

Summer - All parks within city limits 8:00 a.m. - 9:00 p.m. April 15 - October 31
 Riven Rock Park - 8:00 a.m. - 8:00 p.m. May 15 - October 31
 Winter - City Parks -
 November 1 - April 13 - 8 am - 5 pm
 Riven Rock Park -
 Closed November 1 - May 14

HILLANDALE PARK

- located off Rt. 42 South on Hillandale Avenue. Hillandale has 12 shelters on 74 acres. Facilities include: playground, restrooms, ball field, basketball court, walking trails, a 1.3 mile, a recently renovated 11 station exercise trail that targets strength, cardiovascular and flexibility; sand volleyball court, horseshoes, individual picnic sites and Rocktown Trails. Shelters 1, 3, 6, 7, 12 and all restrooms are wheelchair accessible.

A DREAM COME TRUE PLAYGROUND

- located off Neff Avenue on Thomas Bowers Circle, Phase I of "A Dream Come True" playground is scheduled to open April 30th. The project should be 95% complete by opening day. This playground will allow children with and without handicaps to explore and play side-by-side and be challenging and engaging for all children.

MORRISON PARK - located at North Willow and 2nd Streets. Morrison sits on 6 acres and has 1 picnic shelter, restroom, playground, lighted basketball court and 2 tennis courts.

RALPH SAMPSON PARK - located on East Washington Street. Ralph Sampson Park covers 31 acres and has 1 picnic shelter, restroom, playground, volleyball, horseshoes, 2 tennis courts and 3 basketball courts.

PURCELL PARK - located on Monument Avenue. Purcell is situated on 67 acres and has 3 picnic shelters, playground, 4 tennis courts, 3 Little League ball fields, 1.5 mile walking trail, basketball area, lake for fishing, individual picnic sites, volleyball, restrooms (wheelchair accessible) and Kid's Castle playground.

WESTOVER PARK - located on South Dogwood Drive and West Market Street. Westover sits on 48 acres and has 4 picnic shelters, playground, walking trails, 18-hole disc golf course, Skate Park, individual picnic sites, comfort stations, horseshoes, Westover Swimming Pool complex, Cecil F. Gilkerson Community Activities Center and Price-Rotary Senior Center.

WESTOVER SKATE PARK

- This facility is 180' X 180' Skate Park with halfpipes, quarter pipes, grindbox, hipped quarter pipe, hipped trani bank, quarter bowl, ramps and rails.

KIWANIS PARK - located on Franklin Street and Myers Avenue, Kiwanis sits on 3.8 acres and has playground equipment and basketball court.

EASTOVER TENNIS COURTS - located on Reservoir Street, Eastover has 4 lighted tennis courts.

RIVEN ROCK PARK - located 15 miles west on US Rt. 33 and sits on 27 acres, includes 4 picnic shelters, playground, walking trails, horseshoes, individual picnic sites.

SMITHLAND ROAD SOCCER COMPLEX - located on Smithland Road, the soccer complex sits on 130 acres and has 3 full size soccer fields, restroom and pavilion with additional development planned.

RAMBLEWOOD ATHLETIC COMPLEX - located on Ramblewood Road. Ramblewood sits on 60 acres and has 4 lighted/irrigated softball/baseball fields with electronic scoreboards, concession, press box, restrooms and maintenance building.

DISC GOLF COURSE AT WESTOVER - Play a round of disc golf on the disc golf course in Westover Park. 18 holes that wind around Westover Park complete with tee boxes and standard chain baskets. Stop by and pick up a

course layout and scorecard and test your disc golf skills. Holes range from 204 feet up to 418 feet in length. Free and open to the public during regular park hours.

ROCKTOWN BIKE TRAILS

- This shared use, natural surface single-track trail system is designed for mountain bikers and trail walkers/runners. The trail system provides three different levels of difficulty to appeal to a complete spectrum of runners, walkers and cyclists from novice to expert. Designed and developed in accordance with the IMBA guidelines for sustainable shared-use trails, it has a system of stacked loop trails with three levels of difficulty from easiest to more difficult and then leading to most difficult. There are 2 entrances to the trails - (1) in the parking lot across from Shelter #11 in Hillandale for vehicular parking and (2) for pedestrian traffic (walkers or bikers) at the far west end of South Avenue off South Dogwood drive (no vehicular parking here).

LIBERTY PARK - located on the corner of North Liberty and West Wolf Street.

DENTON PARK - located downtown Harrisonburg, this small urban park is on South Main Street, directly across from Massanutten Regional Library.



WESTOVER SWIMMING POOL COMPLEX

OPENING DAY: JUNE 5

CLOSING DAY: SEPT 4

POOL HOURS

Mon-Sat12:00pm-7:00pm
Sun1:00pm-7:00pm

LAP SWIMMING HOURS

Mon-Sat12:00pm-6:00pm
Sun1:00pm-7:00pm

DAILY ADMISSION FEE

Children (<18 months)Free
Children (18 months-17 Years) ..\$2.00
Adults (18 years+)\$4.00

POOL SWIM PASSES

SUMMER SWIM PASSES
JUNE 5-SEPTEMBER 4

INDIVIDUAL PASS:

City Resident\$30.00
Non-Resident\$40.00

FAMILY PASS:

City Resident\$60.00
Non-Resident\$80.00

ANNUAL SWIM PASSES

Valid for one year after date purchased

INDIVIDUAL PASS:

City Resident\$85.00
Non-Resident\$105.00

FAMILY PASS:

City Resident\$190.00
Non-Resident\$240.00

Passes are on sale during regular pool hours

Residents living inside City Limits will have their Admission Fee discounted if proof of residency is provided at time of entry.

MAD MONDAYS

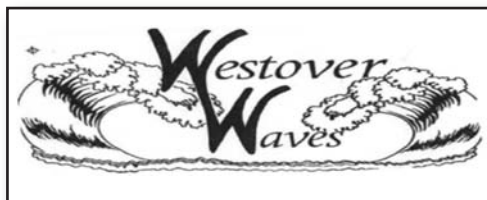
Every Monday throughout the summer is HALF PRICE!

RIDE THE WATERSLIDES

3 full flumes at 10, 12, and 16 feet!
(Children must be 4 ½ feet tall to be allowed on the waterslide.
Ask a lifeguard for more information.)

POOL RULES

1. A responsible adult (18 or older) MUST accompany all children under **twelve** years of age.
2. Westover Swimming Pool Complex shall maintain a healthy family environment. Any patron or guest wearing a swimsuit or swim trunks deemed inappropriate may be asked to either change his/her clothing or to leave the Pool Complex.
3. If a child is wearing diapers, he/she must wear diapers specifically designed for use in a pool.
4. No tobacco use of any kind shall be allowed within the Complex at any time.
5. No outside food or drink shall be allowed in the Complex.
6. Any patron or guest may be asked to take the Deep Water Swimming Proficiency Test in order to use the diving pool or the waterslide. Lifeguards will explain and administer the test.
7. Westover Swimming Pool Complex is a handicapped accessible facility. Please contact the management for assistance with the pool chair lift.



Westover Waves Summer Swim League

June-July 2010

Ages: 4-18yrs

Register @ Rec. Center: May 11th & May 12th from 5:30-7:30pm
Swim Meets: Tuesday evenings (6/15; 6/22; 6/29; 7/6; 7/13)
(Champs Meet 7/24th @ JMU)

Cost: \$55 per child (family discounts are available).

This is a FUN Summer League where all levels of swimming are accepted(must be able to swim 1 length of the pool). The Westover Waves is known for allowing kids to have fun and compete, all at the same time. Team Swim Suits are available to order but not required to join.

For more information call Dana Boontarue @ 435-2494.

SWIM LESSONS – CHILD

Class	Time	Class	Time
June 21 – July 2			
Intro to Water Skills (Level 1)	9:30am – 10:20am	Intro to Water Skills (Level 1)	10:30am – 11:20am
Fundamental Skills (Level 2)	9:30am – 10:20am	Fundamental Skills (Level 2)	10:30am – 11:20am
Stroke Development (Level 3)	9:30am – 10:20am	Stroke Development (Level 3)	10:30am – 11:20am
Stroke Improvement (Level 4)	9:30am – 10:20am	Stroke Refinement (Level 5/6)	10:30am – 11:20am
July 5 – July 16			
Intro to Water Skills (Level 1)	9:30am – 10:20am	Intro to Water Skills (Level 1)	10:30am – 11:20am
Fundamental Skills (Level 2)	9:30am – 10:20am	Fundamental Skills (Level 2)	10:30am – 11:20am
Stroke Development (Level 3)	9:30am – 10:20am	Stroke Development (Level 3)	10:30am – 11:20am
Stroke Refinement (Level 5/6)	9:30am – 10:20am	Stroke Improvement (Level 4)	10:30am – 11:20am
July 19 – July 30			
Intro to Water Skills (Level 1)	9:30am – 10:20am	Intro to Water Skills (Level 1)	10:30am – 11:20am
Fundamental Skills (Level 2)	9:30am – 10:20am	Fundamental Skills (Level 2)	10:30am – 11:20am
Stroke Development (Level 3)	9:30am – 10:20am	Stroke Development (Level 3)	10:30am – 11:20am
Stroke Improvement (Level 4)	9:30am – 10:20am	Stroke Refinement (Level 5/6)	10:30am – 11:20am
August 2 – August 13			
Intro to Water Skills (Level 1)	9:30am – 10:20am	Intro to Water Skills (Level 1)	10:30am – 11:20am
Fundamental Skills (Level 2)	9:30am – 10:20am	Fundamental Skills (Level 2)	10:30am – 11:20am
Stroke Development (Level 3)	9:30am – 10:20am	Stroke Development (Level 3)	10:30am – 11:20am
Stroke Refinement (Level 5/6)	9:30am – 10:20am	Stroke Improvement (Level 4)	10:30am – 11:20am

Children's Swim Classes are taught Monday – Friday regardless of weather conditions. In case of storms, class will be taught indoors.

Children must be 6 years or older the first day of class – no exceptions.

Cost of Children's Swim Classes: City Resident.....\$25.00 Non-resident.....\$30.00

HOW TO SIGN UP FOR CHILDREN'S SWIM LESSONS:

Students will be tested for their appropriate swim level on Monday, June 14 from 9:30am-11:30am for City Residents and Tuesday, June 15 from 9:30am-11:30am for Residents and Non-Residents. Students must be tested prior to registration for any swim class.

If your child cannot attend one of these two testing dates, please consult a swim instructor during normal operating hours to have your child tested. Upon successfully completing a swim test, you may sign up your child for the appropriate swim class. Children who completed a swim class in Spring 2010 at this facility are not required to be retested. Registration for swim classes will be taken at the pool office starting June 14 at 10:00am for City Residents and June 15 at 10:00am for Non-Residents. Registration for classes will continue until 7:00pm the day before the first day of the class or the class is filled, whichever occurs first.

For more information, please contact the Pool Office at (540) 434-0571.



CECIL F. GILKERSON COMMUNITY ACTIVITIES CENTER

STAFF CONTACT LIST

433-2474

Ed Steele – Center Director
eds@harrisonburgva.gov

Bill Rule
billr@harrisonburgva.gov

Tim Moubray
timm@harrisonburgva.gov

Erik Dart
erikd@harrisonburgva.gov

Jody LeRose
jodyl@harrisonburgva.gov

Scott Erickson
scotte@harrisonburgva.gov

HOURS OF OPERATION

Mon – Fri	6:30am - 9pm
Sat	9am– 5pm
Sun	1– 6pm

FEE SCHEDULE

Local adult residents may enjoy the facilities of the Cecil F. Gilkerson Community Activities Center by purchasing an Annual Pass. Passes are available to City Residents and Non-Residents alike. The Pass will serve as entry to the Center, and allow passholders to make Racquetball court reservations in advance. Annual Passes are required to access our Exercise Room.

ANNUAL PASSES

City Resident Adult	\$30
City Resident Youth Grades 6 – 12	\$5
Non-resident adult	\$60
Non-resident Youth Grades 6 – 12	\$15

DAILY GUEST FEE

Adult	\$3
Youth	\$2
(Must show photo identification to enter.)	

BILLIARDS (Hourly Rates)

Adult	\$1/person
Youth	50¢/person

RACQUETBALL, SQUASH, WALLYBALL

(Hourly Rate)

City Resident Adult	\$2/person
Non-Resident Adult	\$4/person
Youth	\$1/person
Wallyball	\$10/court

ROOM RENTALS

Do you need space for a birthday party, baby shower, group meeting, or other event? We have rooms available that might meet your needs. Our Classrooms can seat 35 – 40 people at tables with chairs. We have three Classrooms with movable walls to give you the flexibility you need to accommodate up to 100 participants. If you have a smaller group, our Craft Rooms may fit your need. These rooms can accommodate up to 20 people, and have a sink for clean-up purposes. Please see the rate chart below:

Classrooms	Seating up to 40
	City Resident \$15/hour
	Non-Resident \$20/hour
Craft Rooms	Seating up to 20
	City Resident \$10/hour
	Non-Resident \$15/hour

EXERCISE ROOM

Get in shape with a full body workout in our Exercise Room. We now feature four treadmills, four elliptical machines, two recumbent bicycles, seated leg press, abdominal and back extension, shoulder press, seated calf machine, rotary torso machine, and seated triceps extension.

Access to the Exercise Room is limited to adult members and pre-approved youth only.

EARLY BIRD RECREATION AND FITNESS

Get out of bed early for some fast paced action. Every weekday morning the gym is bouncing with full court basketball. Racquetball courts are available on a first come, first serve basis. Our award winning Exercise Room is open.

Mon through Fri	6:30-9am
C.A.C. Pass required, or Guest Fee	

RACQUETBALL COURTS

Come check out our racquetball courts. Current annual pass holders may reserve courts up to 2 days in advance by calling 433-2474.



RACQUETBALL CARD

C.A.C. members may purchase Racquetball Cards for convenience. Twelve plays per card.

Adult City Resident cards	\$24
Adult non-resident cards	\$48

CO-ED VOLLEYBALL

Join us for pick-up games of volleyball in the C.A.C. Gym every Monday and Wednesday night. Participant levels vary from backyard to tournament level. Come out and improve your game.

Mon & Wed	6-9pm
C.A.C. Annual Pass or Guest Fee	

FULL COURT BASKETBALL

Full court basketball action heats up in the C.A.C. Gym every Tuesday and Thursday night. Pick-up games are run all night, so come to the Gym and bring a friend.

Tues & Thurs	6-9pm
C.A.C. Annual Pass or Guest Fee	

WHEELCHAIR ACTIVITIES

Any individual with a physical disability who has an interest in becoming involved in sports or activities with other individuals with disabilities are encouraged to participate. We have organized a Wheelchair Basketball Team, and can also facilitate Billiards, Table Tennis, Swimming, and more. Also, check out our Wheelchair Accessible Exercise equipment! Please contact Tim.

OPEN PLAY BADMINTON FOR ADULTS

The "birdie" is back! Come out and enjoy your favorite pastime while improving your fitness, and having fun with other badminton enthusiasts! This will be an open play format, but pre-registration is required.

Min: 4 Max: 20

220128A *No Fee*
Mon May 10 – June 21
6:30-8:30pm National Guard Armory



2010 HERSHEY'S TRACK & FIELD GAMES

If you are a kid between 9 and 14 who loves to run, jump, and throw, these games are for you! Come on out and join in the fun by competing in basic track and field events. Contact Scott.

Sat May 22 Harrisonburg High School
9am Check In - 10am Start Time
Pre-Registration & city residents only!

INNER TUBE WATER POLO LEAGUE

Water Polo but instead of swimming you are floating in an inner tube. This co-ed league consists of teams of up to 8 players. Teams may play with a maximum of 6 and a minimum of 4 players in the pool. Length of league will depend on the number of teams registered. Inner tubes will be provided. Registration ends May 21 @ 5pm. Contact Scott.

330117A *Tues evenings*
Begins June 22 *Ages 16 and Up*
\$75 per team

CO-ED ADULT SAND VOLLEYBALL TOURNAMENT

We will need at least four teams. Four (4) players constitute a team. Each team needs to have an equal number of males and females playing at the same time. If a team has only three players, it must have either two males or two females. Registration deadline: Friday, June 18 at 5pm. Min: 4 Max: 8 teams. Contact Jody.

320144A *\$75*
Sat June 26 *Begins @ 10am*
Hillandale Park

MEN'S 3 ON 3 BLACKTOP BASKETBALL LEAGUE

Sign up early to reserve a spot for your team. Maximum of 5 players per team. Registration deadline is Friday, July 2 @ 5pm. Contact Jody.
Min: 4 Max: 8 teams

320138A *\$175*
Wed, July 14 - TBD 5pm-TBD
Outside Courts @ Ralph Sampson Park

HARRISONBURG ADULT KICKBALL LEAGUE

Season will start in August and end in mid-October with games being played on Tuesday and Wednesday nights. 12 team maximum, 15-26 players per team. Registration deadline is July 23. Contact Erik.

320120A *\$80 per team*
Tue & Wed *Aug 10-Oct 13*
Ramblewood Fields



LOCAL NFL PUNT, PASS, & KICK COMPETITION

This is open to all Harrisonburg City children ages 8-15 (as of Dec. 31 2010).

Top qualifiers compete at a chance to attend the Washington Redskins Team Competition. Registration deadline is September 24.

NO FEE. Contact Erik.

Sat, Sept 25
10:30am
Purcell Park Football Field

WESTOVER PARK DISC GOLF COURSE

HOLE	PAR	DIST.
1	4	343'
2	3	240'
3	3	228'
4	3	204'
5	3	220'
6	3	241'
7	4	310'
8	3	268'
9	3	264'
10	3	316'
11	3	342'
12	3	301'
13	4	373'
14	3	282'
15	3	305'
16	3	235'
17	3	246'
18	4	418'

Disc Golf is a game played similar to ball golf. Players use a Frisbee type of flying disc to negotiate a course of 18 holes. The object is to make your way from each Tee to hole in the fewest number of "strokes". Our Disc Golf Course begins near the park entrance off of West Market Street, and circles Westover Park. Look for the Disc Golf Kiosk for score cards and additional information. This is a game to be enjoyed by the entire family. Loaner discs are available at the C.A.C. Call 433-2474 for more details.

Disc Golf Doubles

Disc golfers of all abilities are invited to participate in this weekly random pairing. Sign up every Wednesday by 5:45 pm. Players will be randomly paired with a partner and play a Captain's Choice format. This is an excellent way to meet new players and improve your game. If you don't have your own discs, we have loaners available. Play will continue through October. No Fee. Contact Ed.

Disc Golf Bag Tag Challenge

The Bag Tag Challenge is a ladder tournament played throughout the season. New players will receive the lowest ranking, and may work their way up the "ladder" by beating players ranked above them. Players meet as a group on Monday nights and throw all tags into the proverbial pot. At the end of the night, the lowest score takes the lowest numbered tag, and so on! Individual challenge matches also allow players the opportunity to play Bag Tag matches throughout the week. The \$10 entry fee goes towards Harrisonburg Disc Golf Club activities and course improvements. Contact Ed.

DANCE

Dance Class Schedule – Summer 2010

****Registration for classes is available on-line at our web site: www.harrisonburgva.gov/parks**

Exciting Ballet and Pointe Workshop!

Come and enjoy a weeklong intensive in Ballet and Pointe. The workshop will be held Monday through Friday May 24th through May 28th from 6:00-8:30pm daily. This workshop is open to Adult Pointe dancers and advance students who would like to excel in their technique. Activity #: 321521A Monday – Friday May 24-May 28 6:00 – 8:00 p.m. Fees: \$60 residents/\$72 non-resident, \$10 discount for multiple classes/siblings.

Exciting Summer Dance Camps!

Come enjoy an exciting weeklong educational experience in dance! Students will be introduced to various dance forms including ballet, tap, jazz, hip-hop, musical theatre, and Irish step in a family oriented atmosphere. Students will be challenged at their individual level in each discipline to encourage self-esteem. Through crafts and coloring sheets, students will be exposed to costume designing and dance technique, which will provide students with the opportunity to create their own artistic work, challenging student creativity and critical thinking skills. On Friday, during the last 45 minutes of the camp, parents and friends are invited for refreshments and an informal performance showcasing skills discovered in camp. This is a great opportunity to be with old friends and meet new ones in a positive and nurturing environment! Fees: \$75 city residents/\$90 non-residents, \$10 discount for multiple classes/siblings. Dance Camps run for 1 week: Monday through Friday-June 14 through June 18

Class	Age	Time	Activity #	Min/Max	Instructor
Dance Camp I	6-9yrs.	9:00am-12:00noon	311501A	3/12	Cynthia/Jimmy
Dance Camp II	10-18yrs.	1:00-4:00pm	311501B	3/12	Cynthia/Jimmy

Fun Summer Dance Classes!!

Instructors: Cynthia Marafino and Jimmy Marafino

Classes run 5weeks- Tuesday-Friday classes June 1 through July 2. Monday classes start June 7th and end July 6th.

(No class Monday, July 5) Fees: \$25 city residents/\$30 non-residents - \$5 discount for multiple classes/siblings

Tuesday, June 1 – June 29:	Age	Time	Activity #	Min/Max	Instructor
Discover Dance I	3 ½ -4 ½ yrs	4:15-5:00pm	311515B	3/12	Cynthia
Introduction to Dance	5 ½ -6 ½ yrs	5:00-5:45pm	311509A	3/15	Cynthia
Beginner Children's Ballet/Tap	6-10 yrs	5:45-6:30pm	311513A	3/15	Cynthia/Jimmy
Adult Ballet	18+yrs	6:30-7:15pm	321502A	3/15	Jimmy
Adult Tap	18 + yrs	7:15-8:00pm	321504A	3/15	Jimmy

Wednesday, June 2-June 30:

Discovering Dance II	4 ½ -5 ½ yrs	4:15-5:00pm	311516B	3/15	Cynthia
Discovering Dance I	3 ½ -4 ½ yrs	5:00-5:45pm	311515C	3/12	Cynthia
Tap II/III	8-12yrs	5:45-6:30pm	311518B	3/15	Jimmy
Advanced Jazz	11-18yrs	6:30-7:15pm	311519C	3/15	Jimmy
Musical Stage Dance	10-18yrs	7:15-8:00pm	311527B	3/15	Cynthia/Jimmy
Advanced Tap	11 + yrs	8:00-8:45pm	311518D	3/15	Jimmy

Thursday, June 3-July 1:

Ballet II/III	8-10yrs	4:15-5:00pm	311513B	3/15	Cynthia
Adv/Int. Ballet	9-12yrs	5:00-5:45pm	311513F	3/15	Cynthia
Adv. Ballet Pointe	10-18yrs	5:45-6:30pm	311513E	3/15	Cynthia
Irish Step II/III	8-12yrs	6:30-7:15pm	311522B	3/15	Cynthia
Adv Irish Step	10-18yrs	7:15-8:00pm	311522C	3/15	Cynthia

Friday, June 4-July 2:

Introduction to Dance	5 ½ -6 ½ yrs	4:15-5:00pm	311509B	3/15	Cynthia
Beg. Ch. Hip-Hop/Jazz I	6-9yrs	5:00-5:45pm	311506D	3/15	Jimmy
Int. Hip-Hop/Jazz II/III	8-12yrs	5:45-6:30pm	311506E	3/15	Jimmy
Adv. Hip-Hop	10-18yrs	6:30-7:15pm	311506C	3/15	Jimmy
Adult Irish	18 +years	7:15-8:00pm	321522D	3/15	Jimmy

Monday, June 7-July 6: (no class July 5)

Discovering Dance I	3 ½ -4 ½ yrs	4:15-5:00pm	311515A	3/12	Cynthia
Discovering Dance II	4 ½ -5 ½ yrs	5:00-5:45pm	311516A	3/15	Cynthia
Beg. Ch. Irish Step I	7-10yrs	5:45-6:30pm	311522A	3/15	Cynthia
Lyrical/Modern	10-18yrs	6:30-7:15pm	311527C	3/15	Cynthia

BEGINNING BELLY DANCING

Instructor: Brittany Amrose

Free Introductory Class

Saturday, May 8 from 1:00 – 2:00 pm
This free introductory class will provide you with basics of belly-dancing. Please call to register. Activity #230315A

Beginner Belly Dancing Class – This class is a basic introduction to an ancient art form frequently misunderstood in today's society. Belly dancing is a beautiful art form and can also help with weight loss; it tones muscles and helps you loose inches. Students will learn various styles in a fun atmosphere. Min: 6 Max: 20

230315B Sat May 15 – July 31
1-2pm Ages: 15 + over
\$53 city resident \$63 non-resident

CREATIVE WRITING CLINIC

Instructor: Diane Haldane

Join us for a week-long creative writing workshop for rising 4th, 5th and 6th graders. We will explore all different kinds of writing including short story construction and poetry and we will do other fun activities involving collage and drawing to inspire our writing. Come along on a fun, creative journey! Min: 4 Max: 12

310910A Mon-Fri July 12 – 16
9am-12noon Grades 4,5,6
\$55 city resident \$66 non-resident

STRETCH – N – GROW

Instructor: Danielle Hess– Nationally Certified Youth Fitness Professional
STRETCH-N-GROW FOR ME!

A heart pumping fitness adventure in every class. You never know where our youngest “star” will go (using our imagination, of course!) Each class is theme based and includes a fantastic 30 minute fitness program (exercise & health lesson) that is sure to get your child “EXERCited” about being healthy!

310933A Wed June 30-Aug 4
9-9:30am Ages 3-5 yrs.
\$30 city resident \$36 non-resident

STRETCH-N-GROW BOOT CAMP

Very fun and fast paced, these classes are great for boys and girls. We emphasize respect, teamwork and good sportsmanship while challenging each child to give

their personal best. Our classes help improve endurance, balance and flexibility. Health tips, muscle knowledge, and nutrition information are infused into all of our classes.

310933B Wed June 30-Aug 4
9:35-10:20am Ages: 6 – 10 yrs.
\$36 city resident \$43 non-resident

310933C Mon/Wed/Thurs
6-6:45pm Ages: 6-10 yrs.
July 12, 14, 15, 19, 21, 22
\$36 city resident \$43 non-resident

STRETCH-N-GROW “FUN”DAMENTALS OF CHEERLEADING

A great way to get your exercise!! Learn the basics of cheerleading movements, chants, and spirit! Emphasis will be placed on being part of a team, respect, and great attitudes! A take-home manual will be given to each child to keep.
This is a basic class and WILL NOT include stunting or acrobatics!

310912A Wed June 30-Aug 4
10:30-11:15am Ages: 6-10 yrs.
\$50 city resident \$60 non-resident
(includes pompoms, manual & Stretch-N-Grow T-Shirt)

310912B Mon/Wed/Thurs
6:50-7:35pm Ages: 6-10 yrs.
July 12, 14, 15, 19, 21, 22
\$50 city resident \$60 non-resident
(includes pompoms, manual & Stretch-N-Grow T-Shirt)

VOICE LESSONS

Instructor: Constance (Con) Burch:
Con is a professional & private voice & piano instructor with 25 yrs experience

This voice lesson class is designed to teach voice control, breathing, diction and making the most of your voice by strengthening and enhancing your range. Performance opportunity offered at the end of each session. Pick the ½ hour session that suits your schedule. Open to ages 10 yrs + over

May 10, 17, 24, June 7 (no class May 31)
\$88 city resident \$106 non-resident
Mon 11am
Mon 11:30am
Mon 12noon
Mon 12:30pm

These voice lessons will continue on the following dates – and will require additional registration.

June 14, 21, 28, July 12
(no class July 5)
\$88 city resident \$106 non-resident

July 19, 26, Aug 2, 9
\$88 city resident \$106 non-resident

PIANO LESSONS

Instructor: Constance (Con) Burch:
Con is a professional & private voice & piano instructor with 25 yrs experience.

Instruction designed to teach you rhythm, how to read music and learn to play the piano using both hands. Some basic theory and technique included. Performance opportunity offered at the end of each session. Pick the ½ hour session that suits your schedule. Ages 6 yrs. & over.

May 10, 17, 24, June 7
(no class May 31)
\$88 city resident \$106 non-resident
Mon 1pm
Mon 1:30pm
Mon 2pm
Mon 2:30pm

These piano lessons will continue on the following dates – and will require additional registration.

June 14, 21, 28, July 12
(no class July 5)
\$88 city resident \$106 non-resident

July 19, 26, Aug 2, 9
\$88 city resident \$106 non-resident

ADULT POTTERY

Instructor: Phill Ungar

Min: 6 Max: 12,
Open to ages 18yrs & up.

Adult Beginning Pottery-Mon
320919A Mon 6-8pm
Aug 16 – Sep 20

Adult Intermediate Pottery – Thurs
320919B Thurs 6-8pm
Aug 19 – Sep 23
Fee:
\$67 city resident \$80 non-resident

GUITAR LESSONS

Instructor: Bob Bersson

Beginning

Enjoy learning how to play acoustic or electric guitar from a master teacher and professional musician in this introductory-level class. We will learn how to tune the guitar and to play basic chords, bass and melody lines, plus learn to play simple songs in a variety of styles, including pop, rock, country, blues, and gospel. Each participant should bring his or her guitar and tuner to class.

Min: 4 Max: 8.

210929A Tues May 4-June 8
5-5:45pm Ages: 8-12
\$65 city resident \$78 non-resident

Beginning/Advanced Beginner

Enjoy learning how to play acoustic or electric guitar from a master teacher and professional musician in this introductory-level class for teenagers and adults. We will learn how to tune the guitar and to play basic chords, bass and melody lines. We will also learn to play simple songs in a variety of styles, including pop, rock, country, blues, and gospel. Each participant should bring his or her guitar and tuner to class.

Min: 4 Max: 8

230929I Tues May 4-June 8
6-7pm Ages: 14-adult
\$65 city resident \$78 non-resident

Intermediate-Level Music-Playing Session (All Instruments): Each class will combine musical learning and group playing of easy-to-learn songs from a diversity of styles: rock, pop, folk, blues, reggae, gospel, international, etc. Aspiring vocalists are also welcome. The instructor is a master teacher and professional musician who has performed locally and internationally and looks forward to a wide range of instruments and interests in the class. Min: 4 Max: 8.

230929J Tues May 4-June 8
7-8pm Ages: 14yrs to adult
\$65 city resident \$78 non-resident

LEARN TO RIDE – BEGINNING HORSEBACK RIDING AND BASIC HORSEMANSHIP

Hunter's Edge Horse Farm (Rt. 33 West in Hinton) is offering discounted riding lessons, usually \$270 for a 6-week lesson, through Harrisonburg Parks & Recreation only \$172. Sign up at the Parks & Recreation, classes meet at Hunter's Edge Horse Farm. For more information, call Vonda Reel @ 867-5999 or check out their web site at www.huntersedgehorsefarm.com

330922A Thurs June 10-July 15
6-8pm 7yrs-adult Fee: \$172

330922B Thurs July 22-Aug 26
6-8pm 7yrs-adult Fee: \$172



50 and Wiser

50 and Wiser provides recreation opportunities for those baby boomer age and beyond! For information contact Veronica Jones, 433-9168 or veronicaw@harrisonburgva.gov

FITNESS & MIND-BODY PROGRAMS

BETTER BALANCE & FITNESS

Instructor: Veronica Jones

Build a stronger foundation and increase your body awareness – necessary for better balance! Strengthen your muscles to improve everyday life. Exercises will be done seated and standing. This class is great for those with chronic conditions affecting balance and individuals who are seeking a

gentle approach to exercise.
Min: 5 Max: 10.

242301B Thurs May 13-June 24
10:15-11am (no class 6/3)

342301A Thurs July 22-Aug 26
10:15-11am

CFG/CAC
\$10 city resident \$12 non-resident

CARDIO & STRENGTH

Instructors: Layna Erney & Mindy Schwartz & Veronica Jones

BEGINNING SIGN LANGUAGE

Instructor: Roger Rae

Learn the basics of sign language, basic alphabet, words and simple sentences.

Book fee \$17 payable to instructor.

Min: 3 Max: 8

230926A Wed May 12-June 16
7-8:30pm Ages 14 & over
\$27 city resident \$32 non-resident

230926B Wed July 7-Aug 18
(no class 8/4)
7-8:30pm Ages 14 & over
\$27 city resident \$32 non-resident

ZUMBA® FITNESS CLASSES

Instructor: Shannon Rorrer

Basics Steps Level I Instructor

The Zumba program fuses hypnotic Latin rhythms and easy- to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: work out, love working out and get hooked. Features interval training session using fast and slow rhythms and resistance training to tone and sculpt your body while burning fat.

Classes meet twice a week for 8 weeks.

Min: 8 Max: 25

Ages 16 yrs + over
230933A Mon/Wed 6:45-7:45pm
May 10-July 19
(No class May 17, 31 June 28, 30, July 5)
\$80 city resident \$96 non-resident

330933B Mon/Wed 6:45-7:45 pm
July 21-Sept. 15 (no class Sept. 6)
\$80 city resident \$96 non-resident

Stretch, strengthen and get fit! This class works the heart, lungs, muscles and more. Variety and fun guaranteed. All fitness levels welcome.
Min: 7 Max: 15.

242301A Tues/Thurs May 11-July 1
5:30-6:15pm

342301A Tues/Thurs July 13-Sept 2
5:30-6:15pm

CFG/CAC
\$36 city resident \$43 non-resident

MOUNTAIN BIKING BASICS

Instructors: Ryan Fawley & Dan Fudala

Learn the basics of mountain biking at Rocktown Trails in Hillandale Park. This class will help you get fitted to your bike, teach you basic mountain biking skills and provide time for riding practice. The majority of riding will be on off-road single track trails ranging from beginner to intermediate levels. Required equipment will be a helmet and a multi-speed mountain bike with minimum tire width of 1.75" in good, safe working order. Register by May 27. Min: 4 Max: 20.

342101A Thurs June 3,10,17,24
5:30-7pm
Hillandale Park Shelter #12
\$30 city resident \$36 non-resident

50 & WISER YOGA LEVEL 1

Instructor: Veronica Jones, RYT

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided. Min: 6 Max: 10.

242501D Mon May 10-June 28
5:30-6:30pm (no class 5/31)
342501A Mon July 12-Aug 23
5:30-6:30pm
242501E Tues May 11-June 29
9-10am (no class 6/1)
342501B Tues July 13-Aug 24
9-10am
CFG/CAC
\$32 city resident \$38 non-resident

50 & WISER YOGA MIXED LEVEL

Instructor: Veronica Jones, RYT

Traditional standing and floor postures provide a beneficial mix of movement and relaxation. This mixed level class will provide options for more advanced poses. Prior yoga experience is recommended, but not required. Modifications will be provided. Min: 6 Max: 10.

242501F Wed May 12-June 30
5:30-6:30pm (no class 6/2)
342501C Wed July 14-Aug 25
5:30-6:30pm
242501G Thurs May 13-July 1
9-10am (no class 6/3)
342501D Thurs July 15-Aug 26
9-10am
CFG/CAC
\$32 city resident \$38 non-resident

ARTS/EDUCATION

AARP DRIVER SAFETY PROGRAM

Instructor: Roger Thomas

Participants learn defensive driving techniques, new traffic laws and rules of the road to safely adjust driving to compensate for age-related changes. For individuals 55+, insurance companies may offer a reasonable discount for three years to graduates. **BRING YOUR DRIVER'S LICENSE WITH YOU TO CLASS.** Min: 12 Max: 24. Register by June 1.

323208A Tues/Wed June 8-9
9am-1pm
CFG/CAC
\$12 AARP member \$14 non-member
(make checks payable to AARP on first day of class)

BASKET MAKING WITH SHARON HOLLAR

Enhance your creativity with basket making. These classes are taught by Sharon Hollar, who previously taught at the Craft House. If you want to learn a new skill, or brush up on one you already have, take advantage of these opportunities.

BEADED BASKET

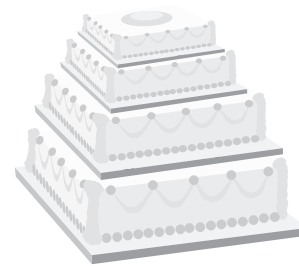
Learn to weave a rectangle basket complete with a ready-made handle and adorned with painted beads. Register by May 17. Participants will be contacted with a brief supply list after registration. Min: 4 Max: 7.

242106A Thurs May 20 & June 3
6:30-8:30pm
CFG/CAC
\$31 city resident \$37 non-resident

LITTLE OVAL

Weave your own oval basket and make your own handle. Register by June 14. Participants will be contacted with a brief supply list after registration. Min: 4 Max: 7.

242106B Thurs June 17 & 24
6:30-8:30pm
CFG/CAC
\$31 city resident \$37 non-resident



CAKE DECORATING-GETTING STARTED

Instructor: Sharon Hollar

Learn to decorate cakes for special occasions! This class will teach basic piping, icing, shells, drop flowers, borders and writing. Sharon was an instructor at the Craft House and has 10 years of teaching experience. Take advantage of this opportunity to learn a skill that is sure to come in handy! Min: 5 Max: 8.

242108A Thurs July 8,15,22,29
6:30-8:30pm (Register by July 1)
442108A Thurs Sept 2,9,16,23
6:30-8:30pm (Register by Aug 27)
CFG/CAC
\$36 city resident \$43 non-resident

CRIBBAGE

Instructor: Jim Gallant

Cribbage is a card game that has been around for over 400 years. This game is widely popular in the Northeast United States and Canada. Learn to play and then come back for regular matches! Please register for one of the sessions below to learn the game. Based on interest in learning the game, we will have weekly matches on Thursday afternoons. Registration deadline is the Tuesday before each lesson. Min: 5 Max: 10.

242109A Thurs May 13
2-4:30pm
242109B Thurs May 27
2-4:30pm
342109A Thurs June 10
2-4:30pm
342109B Thurs July 8
2-4:30pm
342109C Thurs July 22
2-4:30pm
342109D Thurs Aug 5
2-4:30pm
CFG/CAC No cost

PROTECT YOURSELF-OLDER ADULT SAFETY

Instructor: Corporal Justice of the Rockingham County Sheriff's Office

Learn about how to keep yourself or a loved one safe from issues directly affecting older adults. Topics such as financial exploitation, identity theft and residence safety will be covered. Corporal Justice has extensive experience in law enforcement and investigates crimes against older adults. Register by June 4. Min: 5 Max: 25.

342101A Fri June 11
11am
CFG/CAC No cost

WRITE YOUR LIFE

Instructor: Diane Haldane

Join us to explore the process of writing memoirs and life stories. You have stories to tell... we all do! Come along on a fun, insightful writing journey that will help you figure out how to tell yours! Bring a spiral notebook and writing utensil.

Min: 3 Max: 15. Register by May 10.

242105B Wed May 12-June 16
6:30pm-8pm
CFG/CAC
\$42 city resident \$50 non-resident

OUT & ABOUT

BISCUITS & BINGO!

Join us at Chick-Fil-A the last Wednesday of the month for Biscuits and Bingo!

Players receive a free drink with their purchase. We will play bingo for prizes and fun! No purchase necessary to play.

Wed May 26, June 30, July 28, Aug 25
9-10am
Chick-Fil-A, Harrisonburg

BOWLING LEAGUE

Come on out and join the fun! This bowling league is open to experienced and novice bowlers. You may join us at any time; there is always room for more. Don't miss this opportunity for activity and fun. Please meet at 12:30 pm the first day so we can pick teams.

Thurs May 13-Aug 26
1-3 pm
Valley Lanes, Harrisonburg
\$7 per person, includes three games and shoe rental



Heritage Oaks

GOLF COURSE

680 Garbers Church Road
Harrisonburg, VA 22801
www.heritageoaksgolf.com

Email:

pgaprofessional@heritageoaksgolf.com

Pro Shop Hours

May - August

7:00 AM – 7:00 PM Daily

ABOUT THE COURSE

Scenic Heritage Oaks Golf Course offers a challenging yet fair golf experience for golfers of all abilities.

Designed by William Love, Heritage Oaks offers a wide variety of holes including links-style holes as well as traditional, tree-lined holes. Golfers will enjoy playing this beautiful par 70 layout as it offers several sets of tees to accommodate golfers of all skill levels.

SEASON PASSES

For those who are able to play more often, we have season passes available at affordable rates. Season pass rates are as follows:

ANNUAL PASSES

Regular Adult:	\$850.00
Add Spouse:	\$395.00
Add Dependent Child:	\$175.00
Senior (Age 55 & over)	\$775.00
Add Spouse:	\$395.00
Junior (Age 12-17)	\$175.00
Family	\$1300.00
(Includes father, mother, dependent children @ home)	
6-Month Pass – Regular	\$450.00
6-Month Pass – Senior	\$395.00

Note: 6-Month Passes Good from Jan 1 to June 30 or July 1 – Dec 31.

HERITAGE OAKS GOLF COURSE - 2010 RATES

18-Hole Greens Fee

	Weekday (Mon-Thu)	Weekend (Fri-Sun)
Regular	\$25	\$29
Senior (55+)	\$21	\$29
Junior	\$8	\$8
18-Hole Cart Fee (Per Person)	\$14 Everyday	

9-Hole Greens Fee & Twilight

(Please call Pro Shop for twilight times)

Regular	\$15	\$18
Senior (55+)	\$13	\$18
Junior	\$5	\$5

9-Hole Cart Fee (Per Person) \$8 Everyday

DRIVING RANGE RATES:

Large bucket: \$5.00
Small bucket: \$3.00
Punch Card (10 Buckets): \$40.00

INSTRUCTION RATES

Private golf lessons (approx. 45 minutes)
Director of Golf -- \$40.00
Assistant Golf Professional -- \$30.00
Group Golf Lessons Also Available –
Please call for rates

PRO SHOP

We offer a fully stocked pro shop with equipment (Nike, Titleist, Cobra, Mizuno, Cleveland, Srixon, Adams, and more!!!) for golfers of all abilities, as well as apparel for men and ladies. Whether you are in the market for a top of the line driver or a beginner set of clubs, please give us a call or stop by to get the equipment to best fit your game.

OUTINGS/FUNDRAISERS

Heritage Oaks offers a golf course that is ideal for tournaments, non-profit fundraisers, corporate outings, reunions, and other events. Please contact the pro shop for details on our outing rates and availability.

LEAGUE PLAY

At Heritage Oaks, we offer league play for men, seniors, ladies, and juniors. To find out more or to sign up for one of our leagues, please contact the pro shop at 540-442-6502.

PROGRAMMING FOR

2010 HAS BEGUN!!!

Visit us at
www.thefirstteeharrisonburg.org
 or call us at 540-437-4239
 for programming information,
 registration information, sched-
 ules, and more about The First
 Tee of Harrisonburg!!



"Growing The Character Of Our Community, One Youth At A Time"

The First Tee of Harrisonburg uses a combination of golf skills and life skills to help strengthen the character of the youth in the Harrisonburg and Rockingham County communities. Through the program, students aged 5-17 shall gain valuable experience in communication, overcoming obstacles, setting and achieving goals as well as learning the 9 core values of The First Tee, all while enjoying the game of golf.

RESPECT, INTEGRITY, HONESTY, RESPONSIBILITY, JUDGMENT, SPORTSMANSHIP, COURTESY, CONFIDENCE, PERSEVERANCE

Mark your calendars now for the following events at Heritage Oaks Golf Course

MAY

1ST DIAMOND DAWGS 8:30
 8TH RIVERHEADS – 9:00
 11TH CHIK-FIL-A – 1:30
 14TH SDDR – 8:30
 15TH FRATERNAL ORDER
 OF EAGLES
 21ST EMHS GOLF
 TOURNAMENT 8:00/1:00
 29TH 2-PLAYER CHAMPIONSHIP
 – 27 HOLES

JUNE

12TH H.O.G.C. STABLEFORD
 26TH TFT HARRISONBURG
 9TH ANNUAL GOLF CLASSIC

JULY

23RD, 24TH & 25TH

VALLEY OPEN

CHAMPIONSHIP
 54 HOLES – HERITAGE
 OAKS G.C. LAKEVIEW
 G.C. , AND SPOTSWOOD
 C.C.

AUGUST

10TH GOLD'S GYM 1:00
 14TH CITY CHALLENGE 8:30
 16TH PAGE COUNTY MINI
 TOURNAMENT 9:30
 21ST & 22ND
 HERITAGE OAKS CLUB
 CHAMPIONSHIP

OCTOBER

1st BOYS & GIRLS CLUB

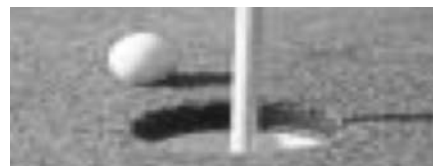
First Tee Events & Tournaments

**The Chick-fil-A / First Tee
 1st Annual Golf Classic**
 Tuesday, May 11, 4-person
 Captain's Choice - 1:30 pm

**The 9th Annual First Tee of
 Harrisonburg Golf Classic**
 Saturday, June 26, 4-person
 Captain's Choice - 9:00 am

**Gold's Gym / First Tee
 1st Annual Golf Tournament**
 Tuesday, August 10, 4-person
 Captain's Choice - 1:30 pm

**The First Tee of Harrisonburg
 Par 3 Journey**
 Thursday, October 28,
 2-person best ball - 1:30 pm



DEMO DAY AT HERITAGE OAKS!!

**MAY 5TH
 3PM-7PM**

Come out and try the latest from the top manufacturers in golf including Nike, Cobra, Cleveland, Srixon, Mizuno, Adams, Tour Edge, Powerbilt, and more!!!!

HARRISONBURG CITY PARKS & VIRGINIA PROFESSIONAL TENNIS

Celebrating 7 years together our partnership has led to being named a 2009 *National Tennis Program of the Month*, 2006 “*Top 50*” National Program, National Recreation & Parks Association “Tennis In the Parks” status and multi-year recipient of Tennis Industry marketing grants. **John Raker**, PTR Master Tennis Professional, designs each program curriculum, trains staff and makes teaching appearances during each session. Over the years our tennis programs have shown **record participation growth** by using unique teaching techniques and innovative curriculums delivered by a talented staff. This year we have added more new tennis offerings for you to enjoy.

SPRING, SUMMER & FALL JUNIOR PROGRAM

Our program offers a linked-pathway to allow junior players to quickly develop by strategically combining instructional and play programs. Core Program Values are addressed such as using **FUN** learning to **PLAY** tennis, developing **ATHLETES** first, players second and teaching **LIFE SKILLS** such as sportsmanship, honesty and self-confidence through tennis.

Summer TOTS begin tennis & sport early from 9:30 - 10 AM

These Summer classes for 4-6 year olds provide FUN on-court activities while learning “real tennis shots.” Motor and socialization skills emphasized with fun group games. *Limit of 10 per class: \$39 city resident / \$44 non-resident*

Summer Stars classes develop RALLY skills from 8:30 - 9:30 AM

National “Quickstart” methods allow rally skills to develop quickly by way of sport-proven scaled practice. Using modified equipment allows players aged 7-11 to learn core skills. Players who add “Quickstart Play” events with these classes develop even faster. *Limit of 20 per class: \$59 city resident / \$69 non-resident*

Summer Competitive Training from 9:45 - 11 AM

For players preparing for local tournaments or High School Teams. Active live-ball drills & instruction that develop tactical and mental skills. Adding “Match Day” events and tournament play is greatly encouraged to enhance competitive development. *Limit of 12 per class: \$65 city resident / \$75 non-resident*

FIVE SUMMER SESSIONS CHOICES AT 3 DIFFERENT VENUES

All above groups offer six class and 2 potential make-up dates (when tennis staff cancels due to weather). VPT offers players equipment purchase advice, on-site “demo racquet” use and will personally fit player for racquet & grip size.

Summer #1 at Purcell Park: June 14, 15, 16, 17, 18 & 21

Summer #2 at Eastover Park: June 23, 24, 25, 28, 29 & 30

Summer #3 at Harrisonburg High School: July 8, 9, 12, 13, 14 & 15

Summer #4 at Purcell Park: July 21, 22, 23, 26, 27 & 28

Summer #5 at Eastover Park: August 3, 4, 5, 6, 9 & 10

Please see right Column to review our Spring & Fall junior schedules and to add CRITICAL “Quickstart” & “Match Day” play events.



Virginia Professional Tennis

Spring & Fall After-School Junior Tennis Sessions

Purcell Park classes help juniors get ready for summer play programs. Two age groups: **4-5 PM** (under 10) & **5-6 PM** (over 10 years old). Limit of 16 per class: \$59 city resident / \$69 non-resident

Spring: May 26, 27, 28, June 1, 2 & 3

Fall: Sept. 1, 2, 3, 7, 8 & 9

QUICKSTART PLAY & MATCH DAYS = FASTER DEVELOPMENT

Add these supervised play events to junior instructional sessions for faster tennis development. These offerings resulted from our 3-year USTA pilot project work and now are nationally endorsed to **get kids PLAYING**.

Quickstart Play features modified courts, balls and scoring before advancing to HPQ or traditional matches. A FUN hour play program with **familiar** staff and classmates.

Match Day events give players 2-3 matches within a 2-hour timeframe. These “sparing matches” provide valuable feedback to allowing players & coaches to work on specific needs. To competitively improve, match play experience is very important!

**2010 Quickstart & Match Events
Harrisonburg High School
Five Thursday Nights**

June 17, July 1, 15, 29, August 12

**\$10 per event: registration forms at
<http://web.mac.com/vaprotennis>**

**Program Space Limited due to
Available Number of Courts!**

MORE JUNIOR PLAY PROGRAMS

VPT JUNIOR TRAVEL TEAM

Team Practice on **Sunday, June 27** from Noon - 2 PM at HHS. Thereafter, four or more team matches will take place with Charlottesville, Staunton, Fishersville & Waynesboro Teams. All players receive team shirt & schedule. This program provides players with valuable match confidence, new tennis friends and summer memories.

Team Player Fee \$49

JUNIOR INTENSIVE CAMP

9 AM – NOON AT HHS

JUNE 15, 16 & 17

Targeted for current or emerging tournament and/or high school players where strategy, competition, footwork and point construction are focused. The program improves players competitive skills. **Limit of 16 Players**

\$89 city resident / \$99 non-resident

2010 VALLEY TENNIS CIRCUIT

For local junior tournament entry forms & information, please visit:

<http://web.mac.com/vaprotennis>



Play Adult Tennis!

Why let all the juniors have all the fun?



ADULT CARDIO TENNIS WORKOUT GROUP

Our Harrisonburg City Tennis Program will again offer Cardio Tennis classes – a group tennis activity for all player levels that provides a fun aerobic workout on the tennis court. To learn about the national cardio tennis craze, please visit www.cardiotennis.com. **6:30 PM five-class session starts Tuesday May 25** at Purcell Park: \$59 city resident / \$69 non-resident

Adult Group Lessons on Monday & Wednesday: 6:30 - 7:45 PM

We use proven curriculums to get people rallying quickly with great stroke mechanics. Excellent classes for those beginning or being re-introduced to tennis. Make new tennis friends at different court venues – all leading to fun social play. First class at Purcell Park: \$59 city resident / \$69 non-resident

Session #1: May 10, 12, 17, 19 & 24

Session #2: June 7, 9, 14, 16 & 21

Session #3: July 12, 14, 19, 21 & 26

More Adult sessions to be announced!



VPT PRIVATE LESSONS & TENNIS IS FUN!

Virginia Professional Tennis offers **Private & Semi-Private Lessons**. These lessons are an excellent way to enhance your competitive and instructional tennis skills all while observing your busy schedule (times made by individual appointment). Private rates begin at \$32 per hour (depending on staff choice) with Semi-privates much less per player. **Please contact:** Harrisonburg Parks & Recreation (433-9168) or Virginia Professional Tennis (438-8477).

STAY UP-TO-DATE WITH THESE WEBSITES

For updated information, please visit **City Parks Website**, **FaceBook** (Harrisonburg City Tennis Program) and www.rakertennis.com

Registration for classes will begin Mon., May 3 for city residents and Tues., May 4 for non-residents.

Sports & Athletics

ATHLETIC DIVISION:

433-9168

Larry Heatwole, Athletic Director

larryh@harrisonburgva.gov

Tommy Thomas

tthomas@harrisonburgva.gov

Stephanie Howard

stephanieh@harrisonburgva.gov

WESTOVER SKATEPARK SPRING/SUMMER HOURS:

Sun 12 noon-6pm

Mon- Sat 12noon-8pm

- Hours Subject to change
- Liability waivers are required
- Helmet, elbow, and knee pads are required and available at Skate Park
- Admission is FREE and open to the general public

KIDS SPRING MOUNTAIN BIKE CLASS

Instructor: Steven Pratzner

The class is designed to teach the basic mountain bike skills. The majority of riding will be on off road single track trails ranging from beginner to intermediate level located at the new Rocktown Trails in Hillandale Park. Kids will learn the basic skills used for trail riding along with trail side bike repair and general bike maintenance. The class will also teach trail repair, maintenance and trail building techniques along with trail sharing responsibilities. Required equipment will be a helmet and a multi speed mountain bike with minimum tire width 1.75" in good, safe working order. Registration deadline Thurs., April 30. Min: 4 Max: 16
Contact: Stephanie Howard

210147A Mon/Wed May 10-June 2
4-5:30pm Ages 9-13
\$57 city resident \$68 non-resident
Hillandale Park #12

FENCING CAMP

Instructor: Angela Leffel

Learn the basic fundamentals and skills of the sport of Fencing. Please bring a packed lunch. Min: 15 Max: 20
Contact: Stephanie Howard

310140A July 12-16
9:30am-3:30pm Ages 9-14
\$72 city resident \$82 non-resident
Spotswood Elementary Gymnasium

YOUTH RAQUETBALL CLINIC

Instructor: Carlton Banks

This is a beginner clinic for youth to learn and improve their skills. Participants will receive instruction on serves, returning the ball, other skills, and conditioning concepts of the game. Participants will need to wear athletic clothing and sneakers. Min: 6 Max: 9
Contact: Stephanie Howard

310145A July 12-14
12noon-2pm Grades 7-11
\$47 city resident \$56 non-resident

YOUTH DISC GOLF CLINIC

Instructor: Ed Steele

Learn the basics of Disc Golf, including Rules, Drives, Approach Shots, Putting, Strategy, Etiquette, and more. Disc will be provided for participants. Min: 4 Max: 12
Contact: Stephanie Howard

210146A May 1
10-11:30am Ages: 7-14
CFG/CAC no cost

YOUTH VOLLEYBALL CAMP

Instructor: Brittany Conley

This is a beginner camp for players to learn and improve their skills. The skills introduced will include underhand/overhand serving, forearm passing, setting, hitting, digging, and diving. There will also be instruction in serve receiving with transitions of offense and defense. Min: 6 Max: 15
Contact: Stephanie Howard

310144A July 12-16
9am-12:30pm Grades 5-8
\$57 city resident \$68 non-resident
Location: TBD

GIRL POWER!

Instructor: Kati Derrick

Girls are invited to join us for a week-long running clinic centered around the "Girl Power!" theme! Through running and learning about female athletes in fun, creative ways, we'll explore important concepts such as confidence, determination, strength, grace, and perseverance. The clinic is open to girls 10-12 years of age (rising 5th graders through rising 7th graders). Girls must wear appropriate running attire and sneakers and bring a water bottle each day.

Min: 10 Max: 20
Contact: Stephanie or Jody

310148A June 28-July 2
8:30am-12noon Grades 5-7
\$40 city resident \$51 non-resident
Location: CFG/CAC

LADY BLUE STREAKS BASKETBALL CAMP

Instructor: Bobby Mongold - Head Varsity HHS Girls Basketball Coach

Develop skills and have fun learning the game of basketball from Coach Mongold. Contact: Tommy Thomas

311037A June 13 - 16
5-8pm
HHS Gym Grades: K - 9
\$55 city resident \$66 non-resident

LADY BLUE STREAKS POSITION POST PLAYER CAMP

Instructor: Bobby Mongold- Head Varsity HHS Girls Basketball Coach

Learn basic and advanced skills to become a better post player. Contact: Tommy Thomas

311037B July 20 - 23
9-11am
HHS Gym Grades 6 - 12
\$40 city resident \$55 non-resident



GUARD POSITION CAMP

Instructor: Bobby Mongold-Head Varsity
HHS Girls Basketball Coach

Learn basic and advanced skills to become a better guard position player.

Contact: Tommy Thomas

311037C July 20 – 23
11am-1pm
HHS Gym Grades 6 – 12
\$40 city resident \$55 non-resident

**BLUE STREAKS BOYS BASKETBALL CAMP**

Instructor: Kevin Tysinger-Head Varsity
HHS Basketball Coach

Learn basic and advanced skills in a fun basketball environment.

Contact: Tommy Thomas

311036A June 14 – 16
8am-12noon
HHS Gym Grades 5 – 11
\$55 city resident \$66 non-resident

SUMMER SOCCER CAMP

Instructor: Scott Harrison-Head Varsity
R.E. Lee Soccer Coach

Learn fundamental soccer skills through fun drills and games.

Contact: Tommy Thomas

311052A June 28 – July 2
9am-11:30am
Smithland Fields Ages: 6 – 12
\$57 city resident \$67 non-resident

TACTICAL LASER TAG CAMP

Instructor: Rodney Brown-Iron Man
Sports

Have a blast playing Laser Tag! Go on fun missions and lots of competitive play. Participants need to bring a bag lunch and drink. Contact: Tommy Thomas

331043A June 17 & 18
10am-2pm
Ramblewood Park F#4
Ages 7 – Adult
\$40 city resident \$50 non-resident

VALLEY STARS BASEBALL CAMP

Instructor: Scott Turner
Coach & Coordinator

Learn and improve baseball fundamentals for future success. Hosted by HHS, BHS, SHS, and TAHS Coaches and varsity players. Contact: Tommy Thomas

311042A July 12 – 15
8am-12noon
Purcell Park F # 2 & 3 Ages 7 – 14
\$40 city resident \$48 non-resident

BLUE STREAKS SOFTBALL CAMP

Instructor: Nicole Moran-Head
Varsity Girls Softball Coach

If you want to learn basic fundamentals and improve your skills, then the Blue Streaks Softball Camp is for you!

Contact: Tommy Thomas

311035A Aug 16 – 18
6pm-7:15pm
HHS Softball Field Ages: 7 – 14
\$50 city resident \$60 non-resident

BLUE STREAKS WRESTLING CAMP

Instructor: Grant Thompson-Head
THMS Wrestling Coach

Learn the basic techniques of wrestling and improve your skills.

Contact: Tommy Thomas

311039A July 12 – 15
9-11am
THMS Gym Grades K – 5
\$30 city resident \$40 non-resident

SUMMER ARCHERY CAMP

Instructor: Brad Fiala

There's nothing more exciting than taking aim and hitting the bulls-eye. This program is for beginners and intermediate participants. Contact: Tommy Thomas

311053A Ages: 8 – 11
Tues/Thurs June 22 – July 8
5:30-6:30pm
331053A Ages: 12 – Adult
Tues/Thurs June 22 – July 8
7-8pm
HHS Activities Field
\$50 city resident \$60 non-resident

MADLAX LACROSSE CAMP

Instructor: Matt Snyder & Lindsey
Snyder-Former College Players

Come learn the fastest game on two feet. Madlax, a 3 day instructional camp is designed to teach basic to advanced lacrosse skills to boys and girls of all levels.

Contact: Tommy Thomas

311049A June 22 – 24
9am-12noon
Smithland Fields Ages: 8 – 18
\$75 city resident \$85 non-resident
price includes a lacrosse stick.

SKATEBOARD CAMP

Instructor: Mike Hill

A fun new extreme camp for skateboard riders. Instruction includes how to ride, ollie, kick flip, stall, grinds, get air, jam and more. Required equipment: skateboard, helmet, and full pads (can borrow from skate park).

Min: 10 Max: 30 Deadline: 6/11

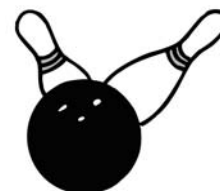
311021A June 21-25 9am-12pm
Ages 7-15 Westover Skate Park
\$57 city resident \$68 non-resident

WOMEN'S FASTPITCH SOFTBALL LEAGUE

Come out and enjoy the fun of playing fastpitch softball for 18 and over. The League will be teams from Harrisonburg and the surrounding counties. Location of games and schedule will be determined at a later date. So put on your spikes and dust off your glove and get back on the field this summer. Form your teams now!! Team registration deadline will be June 1.

Contact: Tommy Thomas

320135A Ages: 18 and over
Tues June 8 – Aug 10
Purcell Park Field #2 \$200 per team

**PINHEAD BOWLING LEAGUE**

This League is designed for parents to team up with their child and have fun bowling! Bowling with family is a

great way to exercise, make memories and have fun. Registration forms will be available in May. Make checks payable to Valley Lanes.
Contact: Tommy Thomas

Ages 8 – adult 9:30-11am
Mon July 5 – 26
Valley Lanes, Harrisonburg

INLINE HOCKEY OPEN PLAY

Get your gear out of the closet and tie up your skates and come out and play inline hockey. The rink is located on S. Willow Street beside the National Guard Armory. Get some friends together and play pick-up til dark. Bring your own gear and skate at your risk. Play hockey from April 12 – Oct 29.
Contact: Tommy Thomas

2010 HARRISONBURG YOUTH FOOTBALL LEAGUES

Youth Flag Football League

Contact: Stephanie Howard
2010 Registration starts May 17
League will begin in September

410141A Ages 6 & 7 as of Aug 1

Pee Wee League

Contact: Tommy Thomas
Maximum weight to participate is 125lbs
Registration and Physical Forms are available at the Harrisonburg Parks and Recreation Office. Forms will be available in May 1, 2010.

410141B Ages: 8 – 10 as of Aug 1

Junior League

Contact: Tommy Thomas
Maximum weight to participate is 155lbs
Registration and Physical Forms are available at the Harrisonburg Parks and Recreation Office
Forms will be available in May 1, 2010.

410141C Ages: 11 – 13 as of Aug 1

YOUTH FOOTBALL CHEERLEADING

Practices will begin in late August at the National Guard Armory. Games, which are played at Purcell Park will begin in Sept and continue through Oct. Register by calling 433-9168.

FLAG LEAGUE

410112A Ages: 6&7

PEE WEE LEAGUE

410112B Ages: 8, 9&10

JUNIOR LEAGUE

410112C Ages: 11, 12&13



SOCCER

SVC offers many levels of soccer fun!

Contact: ShenValleySoccer.com

SVU Summer Camp Series

June 28 - July 1

SVU World Cup Camp

Day Camp 9am-3pm @ Monger \$120 (7-12yrs)

Half Day Camp 9am-12pm @ Monger Fields - \$90 (4-7yrs) *older players can register for half day

July 28 - July 30

SVU Striker/Keeper Camp

Evening Camp 5:30-8pm @ Monger Fields - \$65 (12-18yrs)

SVU Travel Program

Tryouts

U14-U18 Sun May 9 & 16

Location: Monger Fields

U9-13 Mon 17 & Tues 18

(raindate Wednesday 19 & Thursday 29 consecutively)

Location: Smithland

SVU Travel Team Camp (August 2-6)

U9-U12 9am - noon

Location: Monger

U13-U18 5:30 -8:30pm

Location: Monger

SVU Recreation Registration

Opens: May 1

Early Bird discount until: June 20

Late fee starts: July 20

Registration ends July: 31

SPORTS CARD SHOW

Saturday, May 1 10 am – 4 pm

Cecil F. Gilkerson

Community Activities Center

Entry - \$1 donation to Shenandoah Valley

High Rollers Wheelchair Basketball Team

Concessions provided

For More Info: Contact Tim



55th Annual

HTP CLASSIC 2010

TENNIS OPEN

JUNE 20-26

Registration Deadline: June 12



Call:

Linda Landes 433-2385

or www.htptennis.org



MAIL TO:
Harrisonburg Parks
& Recreation
305 S. Dogwood
Drive
Harrisonburg, VA
22801

**CHECK PAYABLE
TO:**
Harrisonburg Parks
& Recreation
**NOW ACCEPTING
VISA AND
MASTERCARD**

**ADMINISTRATIVE
OFFICE HOURS:**
8:00 AM-5:00 PM
Monday-Friday
(540) 433-9168

**COMMUNITY
ACTIVITIES
CENTER**
(540) 433-2474

WESTOVER POOL
(540) 434-0571

PRIMARY HOUSEHOLDER (Last) _____ (First) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ WORK PHONE _____ DATE OF BIRTH _____

____ MALE ____ FEMALE E-MAIL ADDRESS _____

SECONDARY HOUSEHOLDER (Last) _____ (First) _____

____ MALE ____ FEMALE WORK PHONE _____ DATE OF BIRTH _____

EMERGENCY CONTACT PERSON _____ PHONE _____

Participant Name (Last, First)	Date of Birth	Sex (M/F)	Activity Code								Program Name	Fee
											TOTAL	

2010 HARRISONBURG PARKS AND RECREATION CLASS REGISTRATION FORM
REGISTRATION FOR CITY OF HARRISONBURG RESIDENTS BEGINS ON MONDAY, MAY 3, 2010 AT 8:00 AM
REGISTRATION FOR NON-CITY RESIDENTS BEGINS ON TUESDAY, MAY 4, 2010 AT 8:00 AM

Program/Activity refunds will be given until a program begins, minus a 10% adm. charge.

Special Events

For more information, or ideas for new special events, contact Lynn Turner at 433-9168 or lynnt@harrisonburgva.gov

LET'S CELEBRATE!



Harrisonburg-Rockingham AFRICAN-AMERICAN FESTIVAL

SATURDAY JUNE 26 @ RALPH SAMPSON PARK

Bring the Family! **FREE!** **GREAT MUSIC!** **FREE!**
GREAT VENDORS!
GREAT KIDS' GAMES!
GREAT FAMILY FUN!

Join Us!! Ralph Sampson Park * Saturday, June 26, 2010 * Noon - 8pm * www.hraaf.com

Westover Preschool

Register your 3 or 4 yr. old
for preschool.

Must be 3 or 4 by Sept. 30, 2010.
Registration begins 6/1/2010 in the
Adm. Office of the Cecil F. Gilkerson
Community Activities Center.

City Residents Only

Cost: \$200.00 for mid-Sept.
thru mid-May

\$25.00 non refundable deposit due at
registration.

Call 433-9168 for information.

The Worlds of
**Busch
GARDENS
EUROPE**
WILLIAMSBURG, VA

**Kings
Dominion**

Theme Park Discount Tickets

Busch Gardens Discount Days

Valid June 1 – Sept. 6, 2010 \$48.00

Kings Dominion

Valid Weekends thru May 31, 2010 \$30.00

Good Any Day Tickets \$42.00

Valid July 2 – August 6, 2010 \$30.00

No checks please



DOG DAYS DOG SWIM

Westover Pool

Sunday, Sept. 5 1pm-4pm

Preregistration required 433-9168

Fee: \$2.00 per dog to be donated to SPCA. This event is for non aggressive dogs. Owners must present proof of current rabies vaccinations. Dogs must be on leash when not in pool. Dog goodie bags for the 1st 50 preregistered participants.



305 S. Dogwood Dr.
Harrisonburg, Va. 22801
Phone: 540-433-9168 Fax: 540-433-9169

PRSRT STD
U.S. Postage
PAID
Harrisonburg, VA
Permit No. 75

ECRWSS

POSTAL PATRON



Online Registration is now Available!

www.harrisonburgva.gov/parks
(Not all activities are available
for online registration)



SPRING DANCE RECITAL

Harrisonburg High School

Saturday, May 22, 2010
7:00 pm

Lucy F. Simms Continuing Education Center

Community Nights

Gym, Fitness and Other Rooms (Computer, Art,
Music & More)

Monday-Friday 7:30am-2:00pm
Monday & Wednesday 6:30pm-9:00pm
Call (540)578-3951 for more information



The Stars

AT WESTOVER PARK

Bring your blanket and sit on the hill behind the Cecil F. Gilkerson Community Activities Center and enjoy the show. Anyone under the age of 16 needs to be with an adult. In case of rain, the movie will be shown in the Activities Center. All movies start at 9:15pm. Movies are subject to change.

Fri., June 18
FIELD OF DREAMS PG

Thurs., July 1
THE GOONIES PG

Sat., August 28
THE BLIND SIDE PG-13

Westover Swimming Pool Complex 40th ANNIVERSARY CELEBRATION

July 1, 2010

Remember the year 1970?

Richard Nixon was President,
a first class stamp was 6¢
and a gallon of gas cost 36¢.

SWIM AT OPENING DAY
1970 PRICES:

50¢ - Children 75¢ - Adults

